

Fitness Challenges

50km in under 4 hours

10km run with every 1.5km doing 100 pushups for under 1hr30mins

1.5 km in under 6 mins

5km in under 24 minutes

50 chin ups in a row

200 push ups in a row

2000 crunches in a row

500 squats in a row

2000 squats in a day

100 burpees in under 4 mins 30 seconds

Nickels and dimes for one hour: 5 chin ups, 10 push ups

5000 push ups in under 1 hour

5000 crunches in under 1 hour

1000 chin ups in under 1 hour

315 lbs bench press for 5 reps

225 lbs overhead press for 5 reps

405 lbs squat for 5 reps

>500 lbs deadlift for 5 reps

150 lbs barbell curl for 5 reps

80 mile ruck with 60 lbs with 20 L jerry can in under 10 hours

5 one handed chin ups with 45 lbs

run a half marathon every day for a week keeping sleep at 2-4 hours or less and calories under 500 daily

* These are based upon standards I achieved already

sinistar7.org

wulframblack.wordpress.com

vinland9.org

ordo7astrum.net